
AMAZING FACTS
PRESENTS
THE
PROPHECIES
OF DANIEL & REVELATION


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PRESENTS
Babylon's Buffet

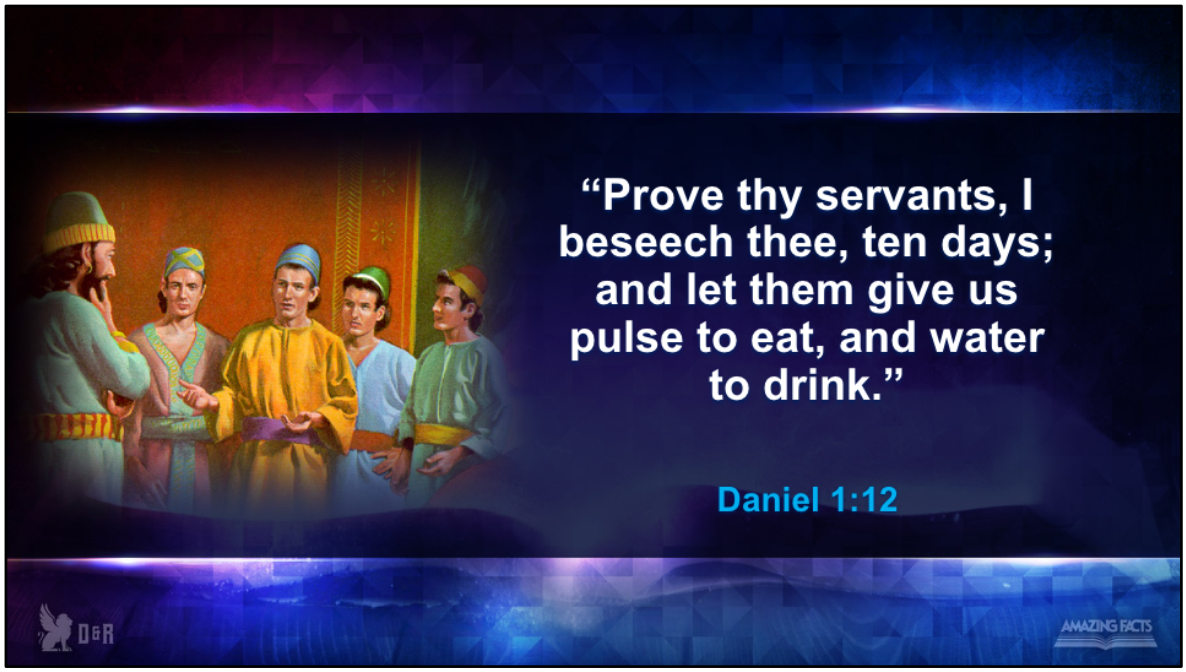


When King Nebuchadnezzar besieged the city of Jerusalem, thousands of Jews were taken away captive to Babylon. The king instructed his servant, Ashpenaz, to select gifted young men from among the Jewish captives who would come to the palace for three years to learn the language and wisdom of Babylon so they could serve the king.

Daniel, Hananiah, Mishael, and Azariah caught the attention of Ashpenaz and were taken to the king's palace.



But there was a problem. The menu of rich meat and wine appointed for the young men contained many items forbidden by God's Word.



Without wanting to appear ungrateful, Daniel asked if he and his three friends could be given a vegetarian diet to eat and water to drink. At first the king's servant resisted their request. "You can't stay healthy by eating like that!" he exclaimed. "You'd get sick, and then the king would have my head." But Daniel gently persisted, suggesting a trial period of 10 days, after which their visible health could be compared with the young men who ate from the royal cafeteria.

This plan was agreed upon, and for 10 days the four young Hebrews drank water and ate a simple vegetarian

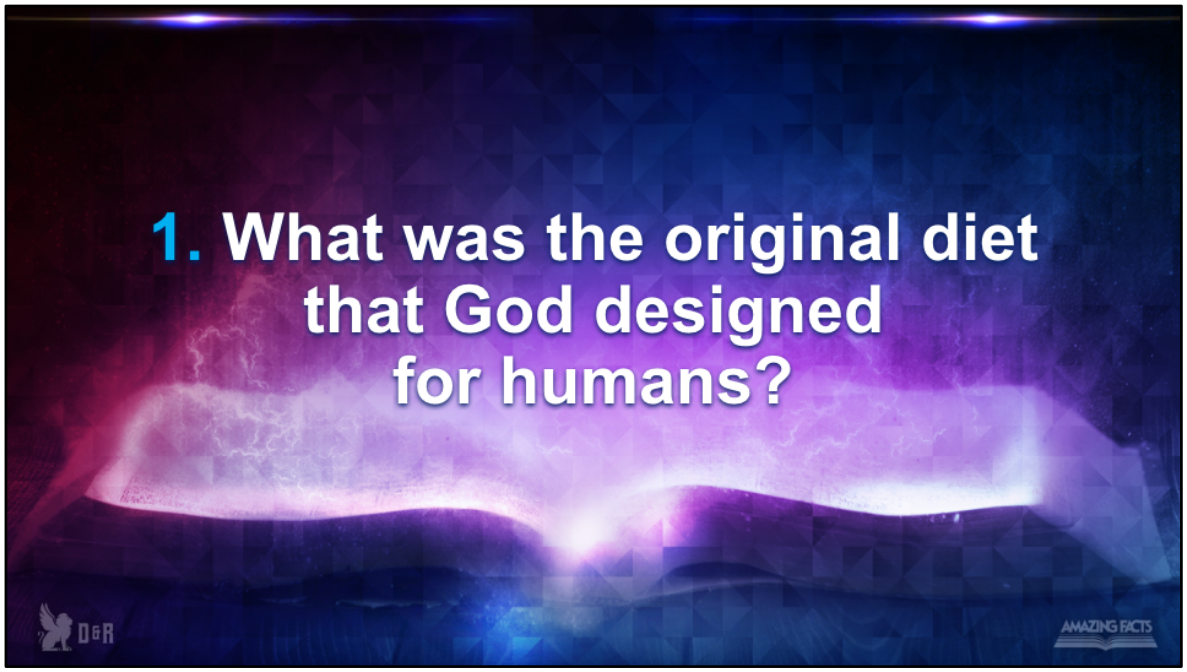
diet.

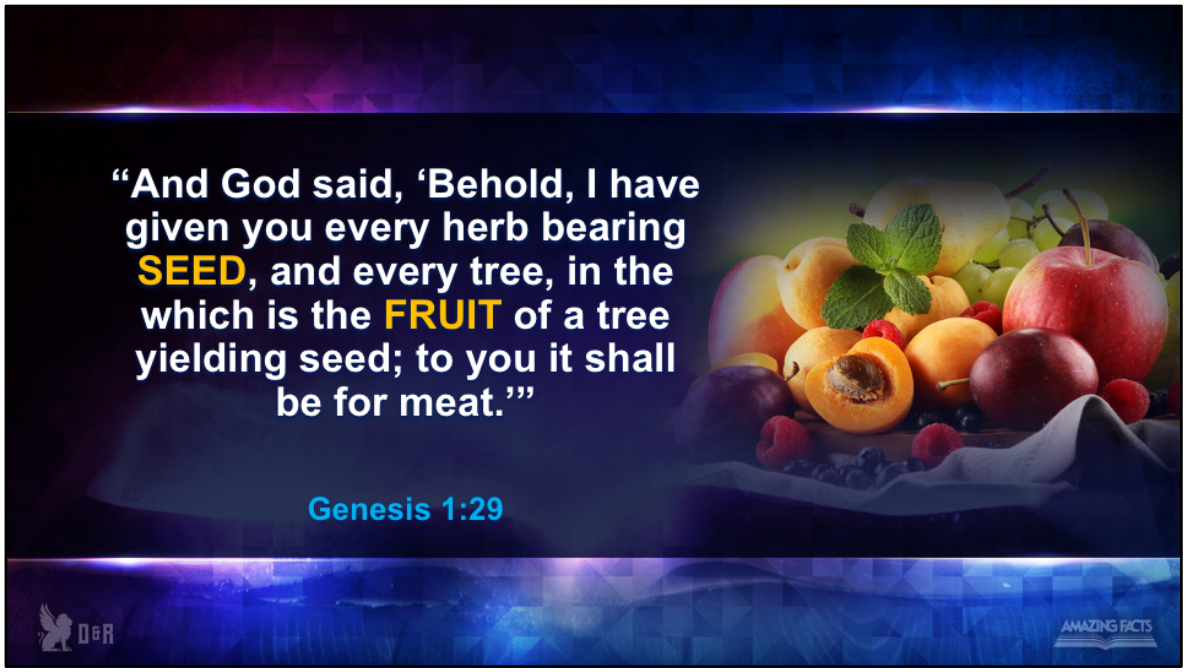


At the end of the trial period, Daniel and his three friends "appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." Daniel 1:15.

Three years later, these four young men were tested by King Nebuchadnezzar, and it was declared they were 10 times brighter then all the wise men in Babylon. The Bible tells us that Daniel lived to be approximately 100 years old. What helped give Daniel and his friends such profound

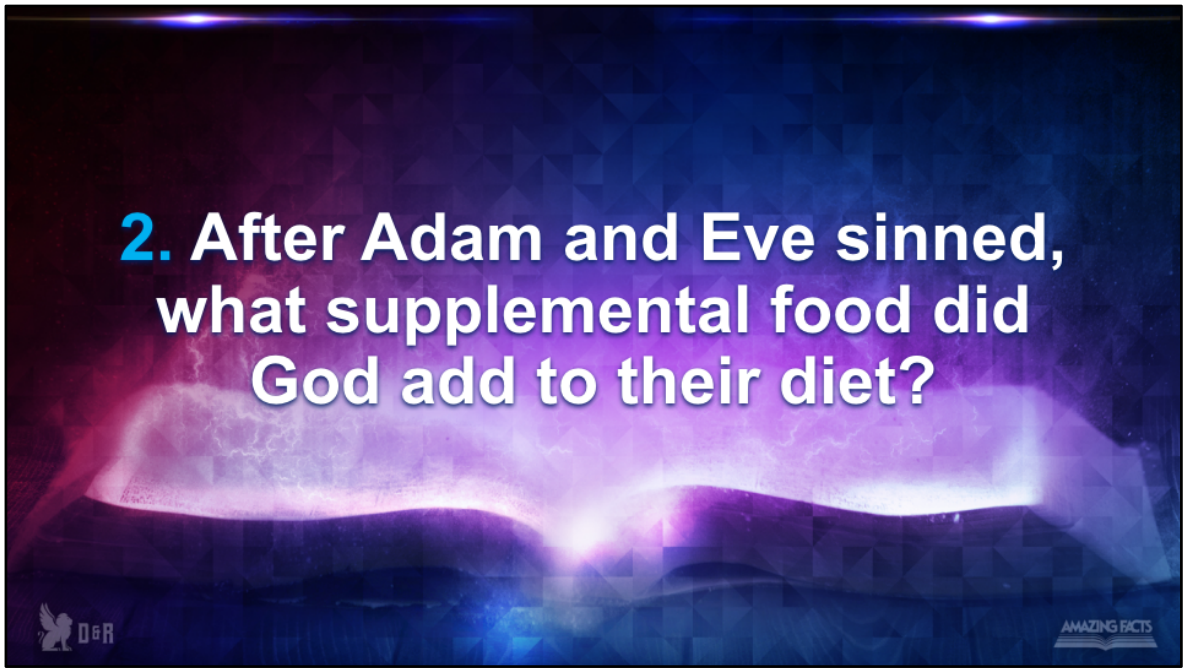
wisdom, health, and long life?

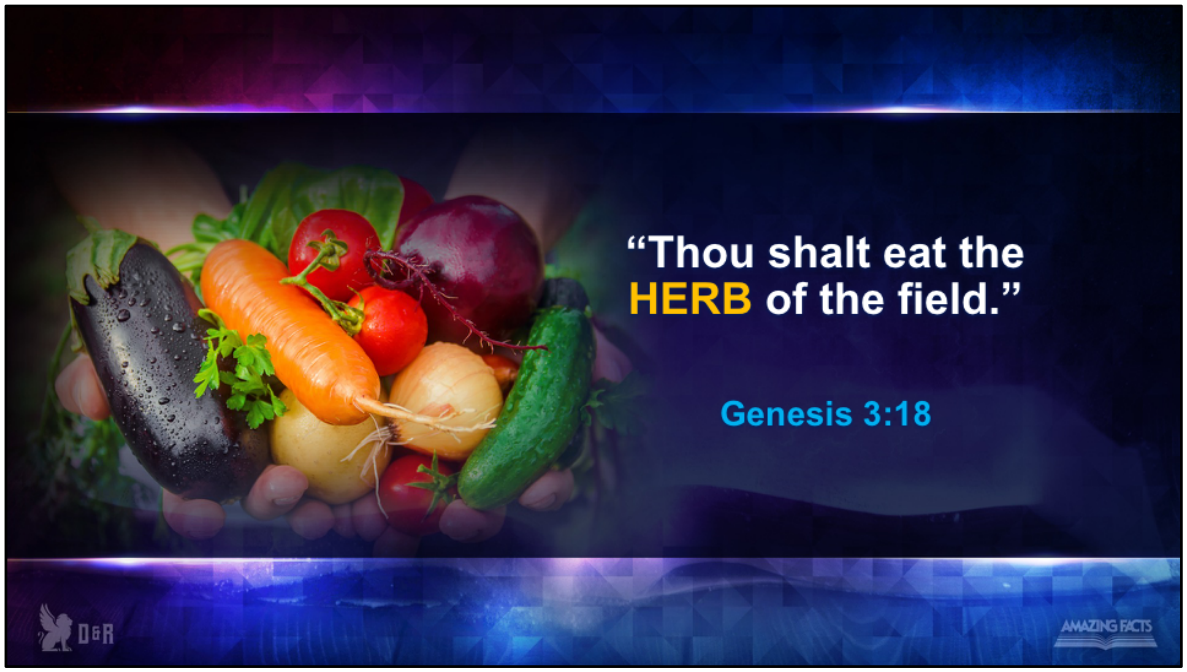

1. What was the original diet that God designed for humans?
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NOTE:

The word "meat" here simply means "food."


2. After Adam and Eve sinned, what supplemental food did God add to their diet?
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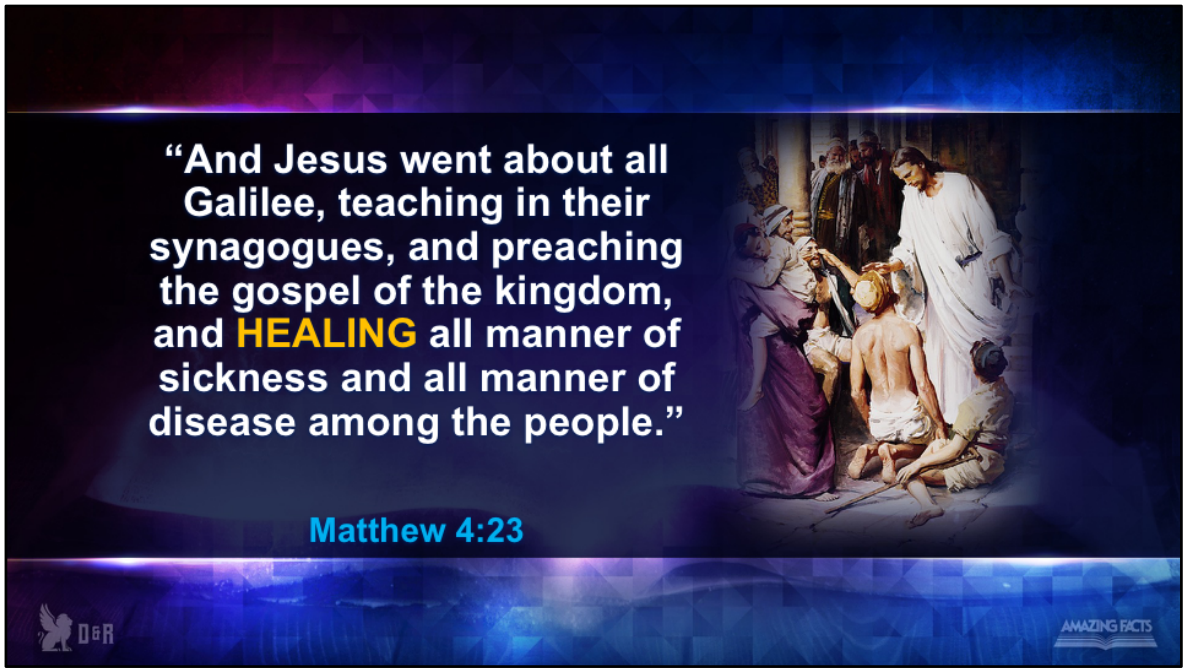
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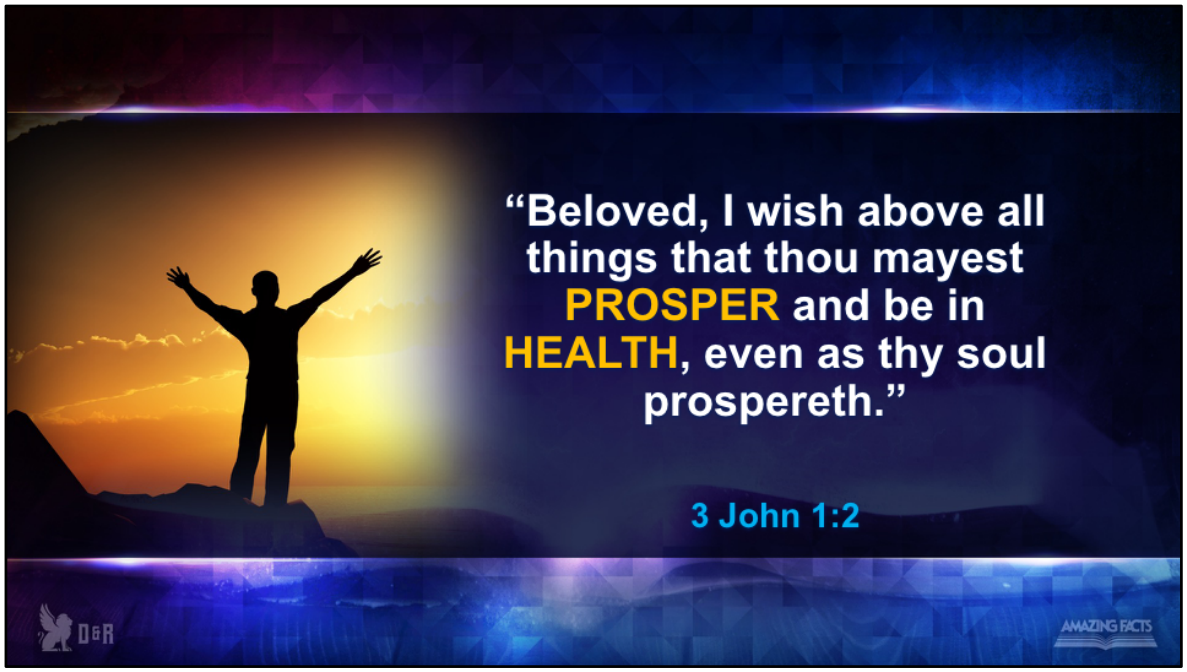
The original diet for the human race was a vegetarian diet of fruits, grains, and nuts. God added vegetables to Adam and Eve's diet after they sinned and could no longer eat from the tree of life.



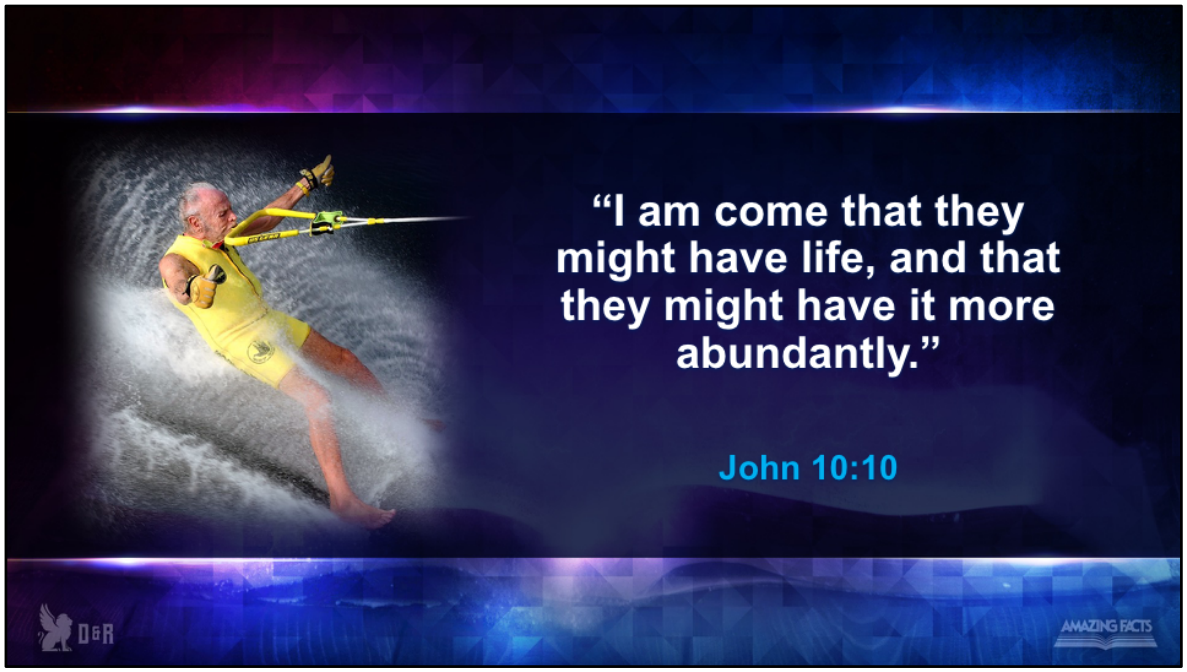
Most Consecutive Marathons - Janette and Alan, a couple from Melbourne Australia, love to run so much they decided to run around the entire continent of Australia and the island of Tasmania. This epic 10,000 mile journey would require them to run about a marathon a day every day for an entire year. The couple chose a year of running in part promote a raw vegan vegetarian diet which Janette believes was instrumental in curing her from breast cancer a decade earlier. So on January 1, 2013 off they went rising each day at 4am to avoid the heat and running at least 26.2 miles every day for the following year circling Australia and Tasmania in the process. Along the way they consumed almost 11,000 bananas between them, several hundred green smoothies, fruit salads, oranges, avocado, and many gallons of vegetable juice. On New Year's Eve, they arrived in Melbourne, completing their 365th run. And in case that wasn't enough, they followed it up with one additional marathon on January 1, 2014 to set a new Guinness World Record for the most consecutive marathons. By the way, did I mention Janette Murray is 64, and Alan Murray, 68 years of age! Did you know the Bible teaches God's original diet for mankind was vegetarian?


3. Is God concerned with our physical health?
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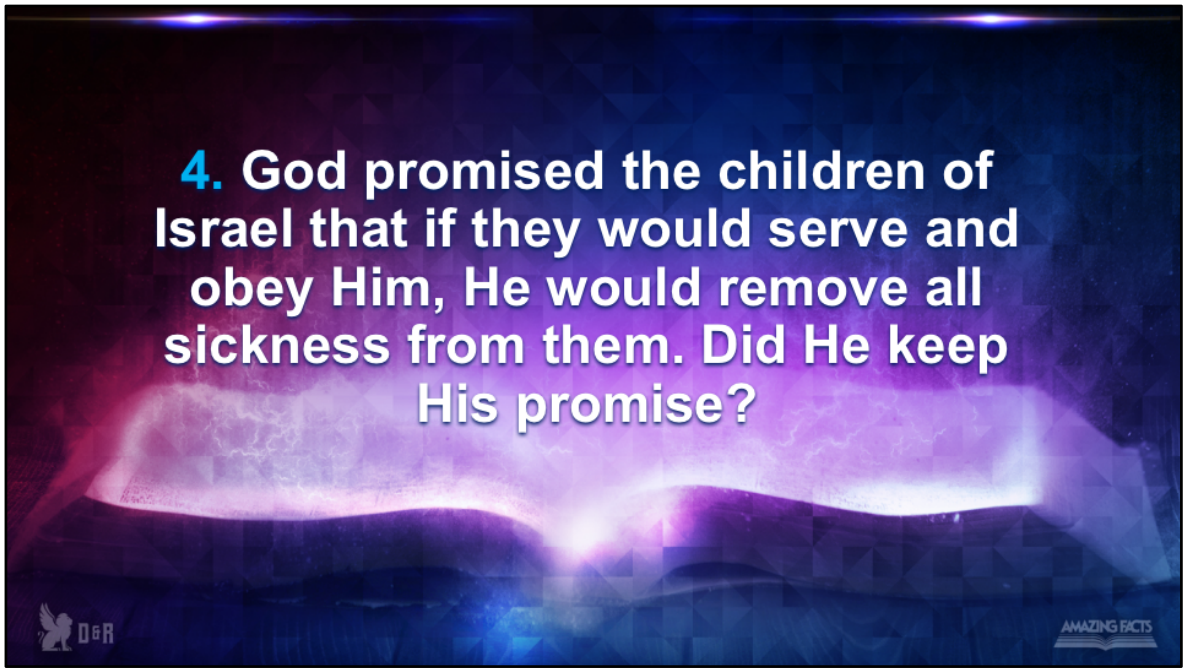

"And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and HEALING all manner of sickness and all manner of disease among the people."
Matthew 4:23
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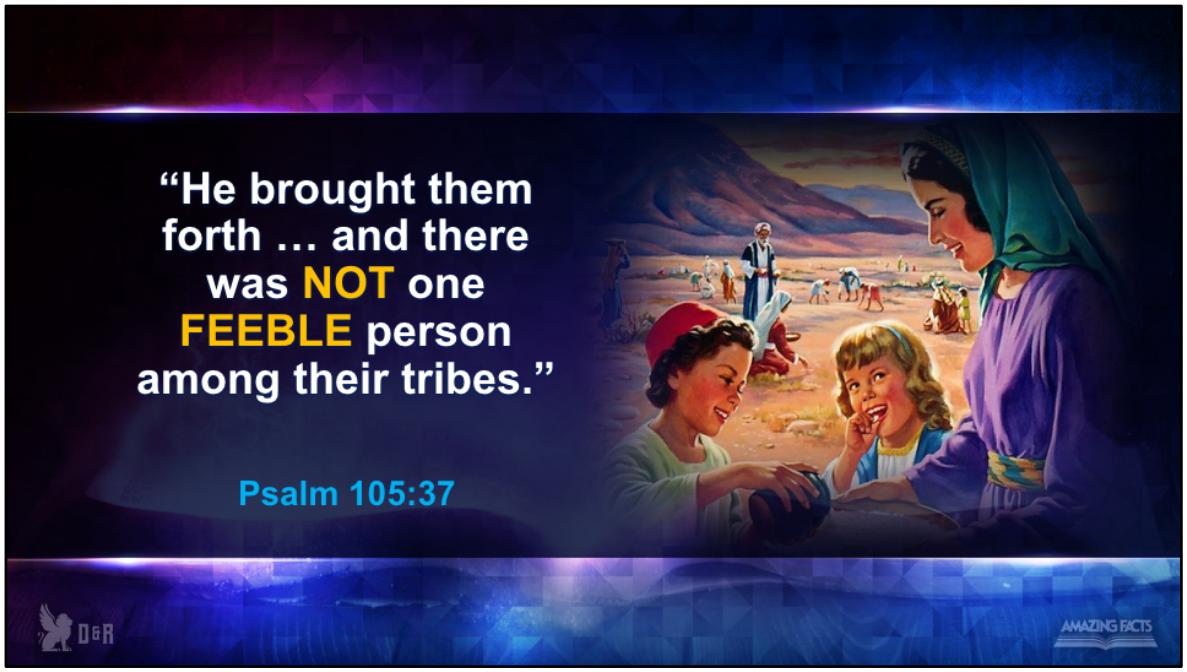


NOTE:
The Bible teaches that our physical health is extremely important to God. Jesus spent as much time healing as He did teaching. There are several Bible principles we can follow to improve our health and lengthen our lives.



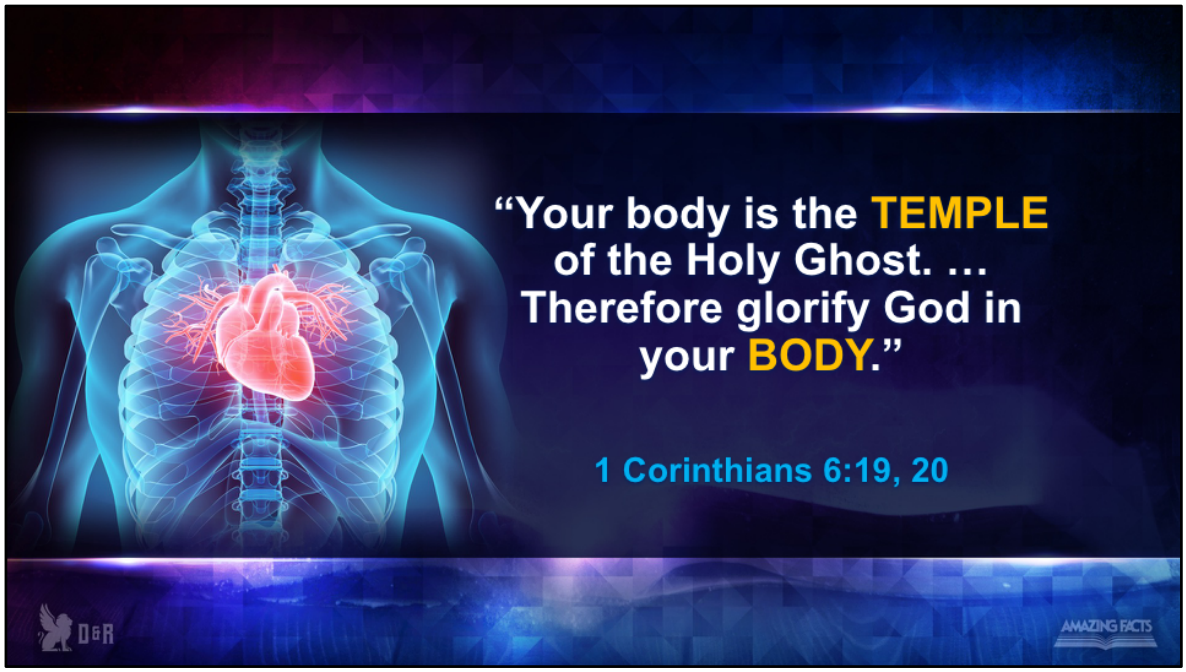
"Banana" George Blair continued his active lifestyle barefoot waterskiing and snowboarding until the age of 92.


4. God promised the children of Israel that if they would serve and obey Him, He would remove all sickness from them. Did He keep His promise?
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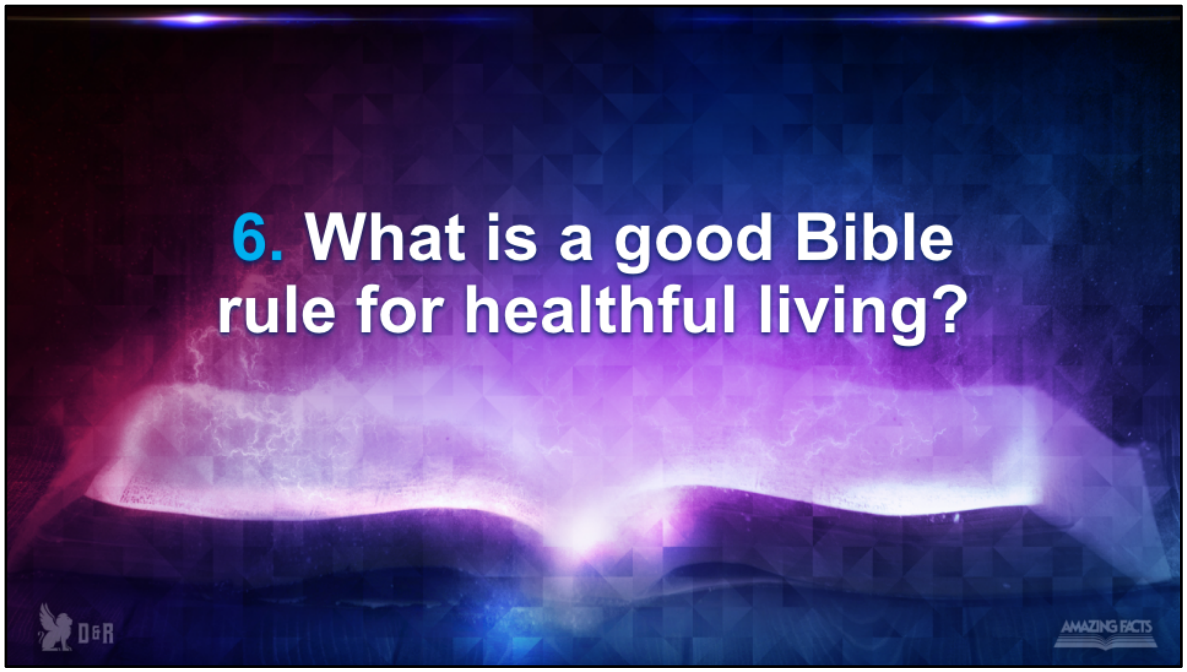
NOTE:
Just imagine! When God's people came into the promised land, there was not one sick or feeble person in the whole nation.

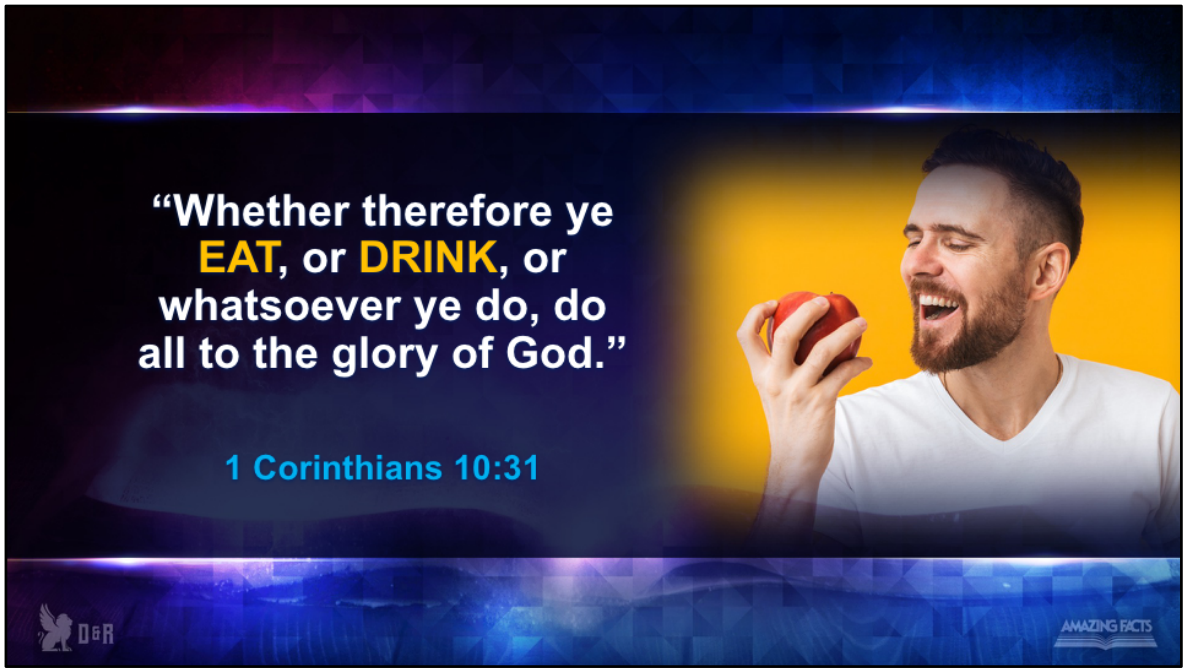

5. Why is our health so important to God?
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"Your body is the TEMPLE of the Holy Ghost. … Therefore glorify God in your BODY."
1 Corinthians 6:19, 20
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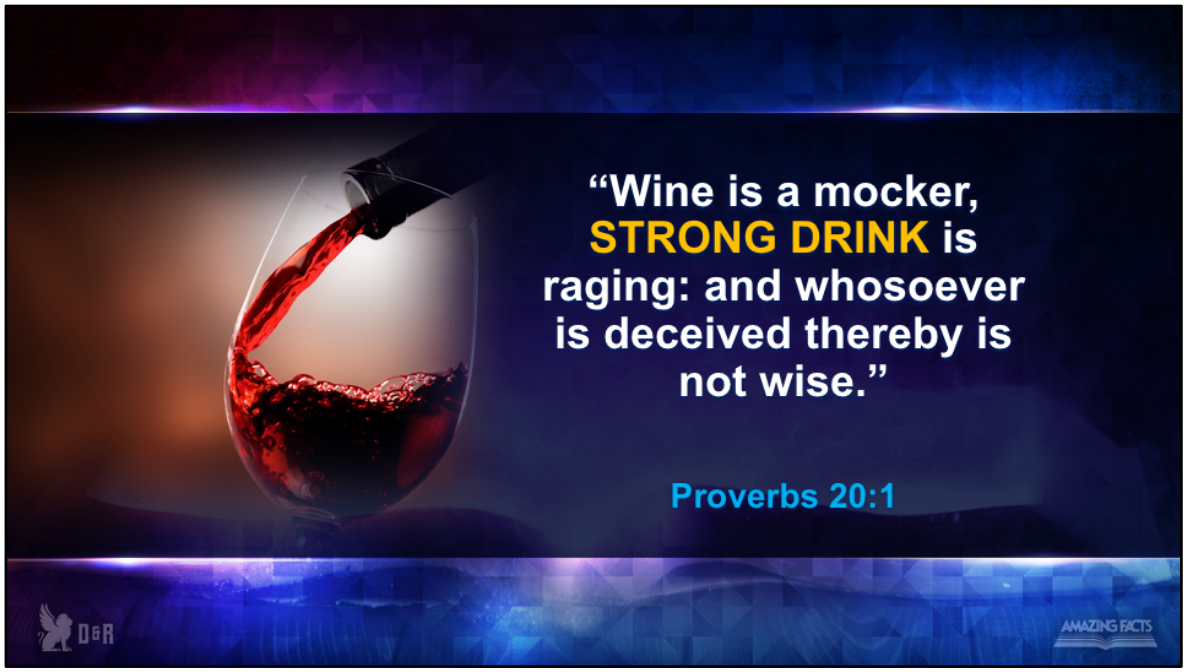
NOTE:
God wants our bodies to be His holy dwelling place. Therefore we must choose to make them a wholesome place for His residence.


6. What is a good Bible rule for healthful living?
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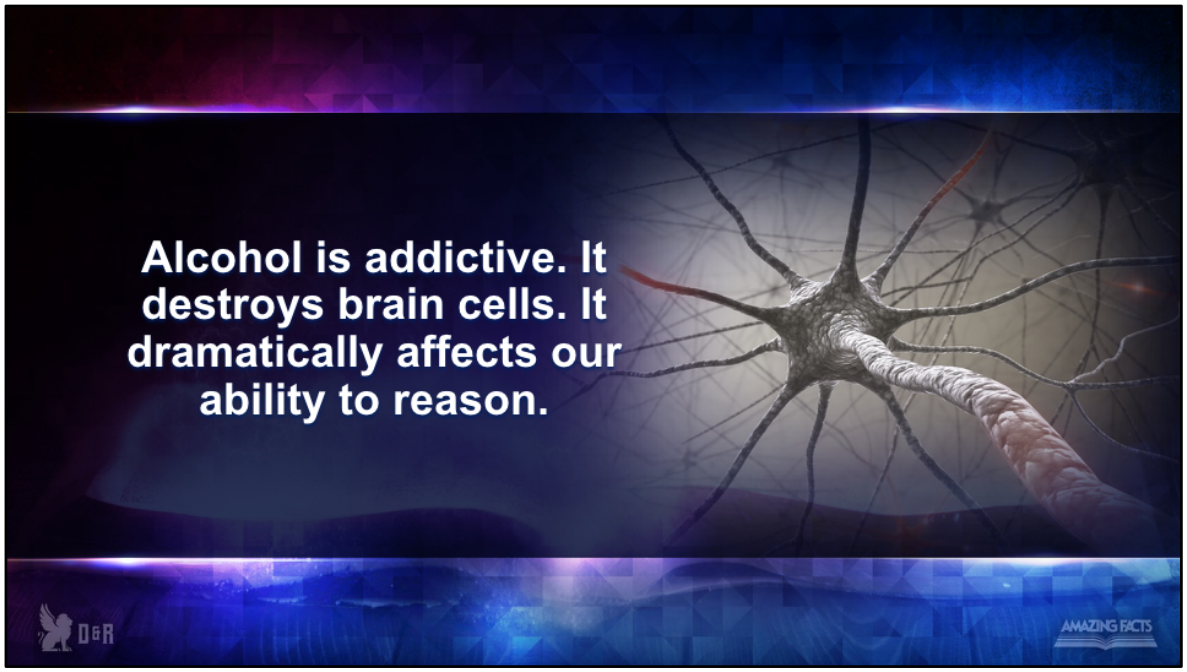
NOTE:
We should strive to live so that all of our habits--even our eating and drinking--will glorify God.

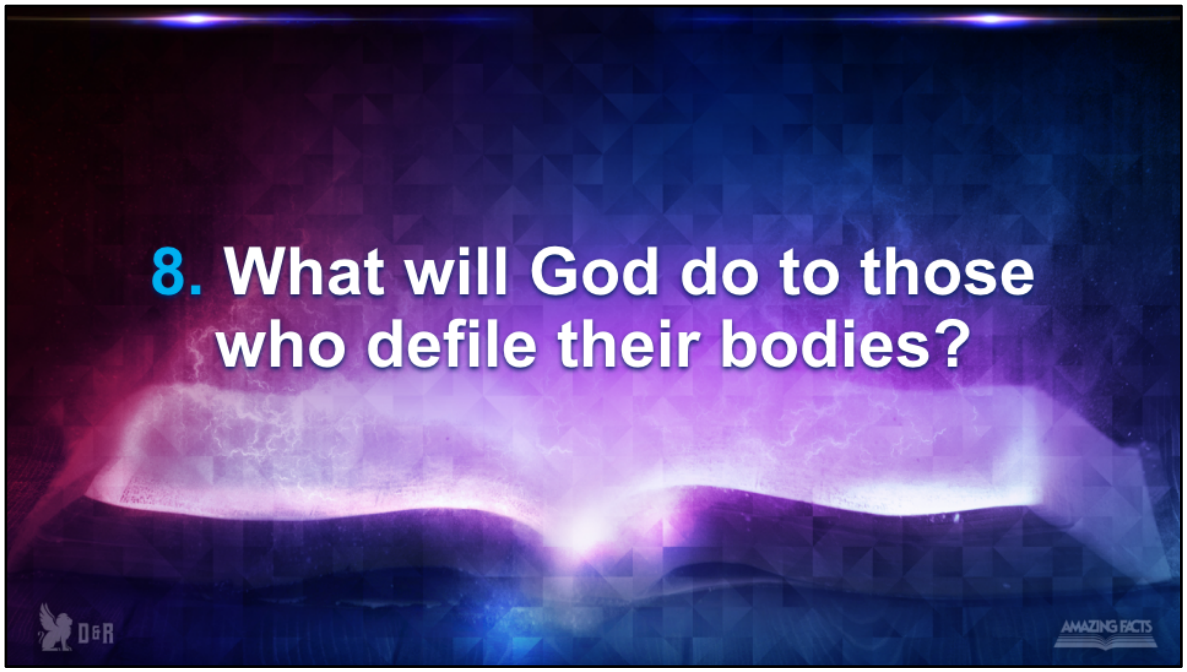

7. Should Christians use alcoholic beverages?
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NOTE:
Alcoholic beverages are clearly forbidden by Scripture. The word "wine" in the Bible can mean either fermented or unfermented grape juice. The same is true of the word "cider" today. Proverbs 23:29-32 gives the Bible description of fermented wine, and God says that we should not even look at it! The only wine Christians should use is "new wine," which is unfermented, sweet grape juice.

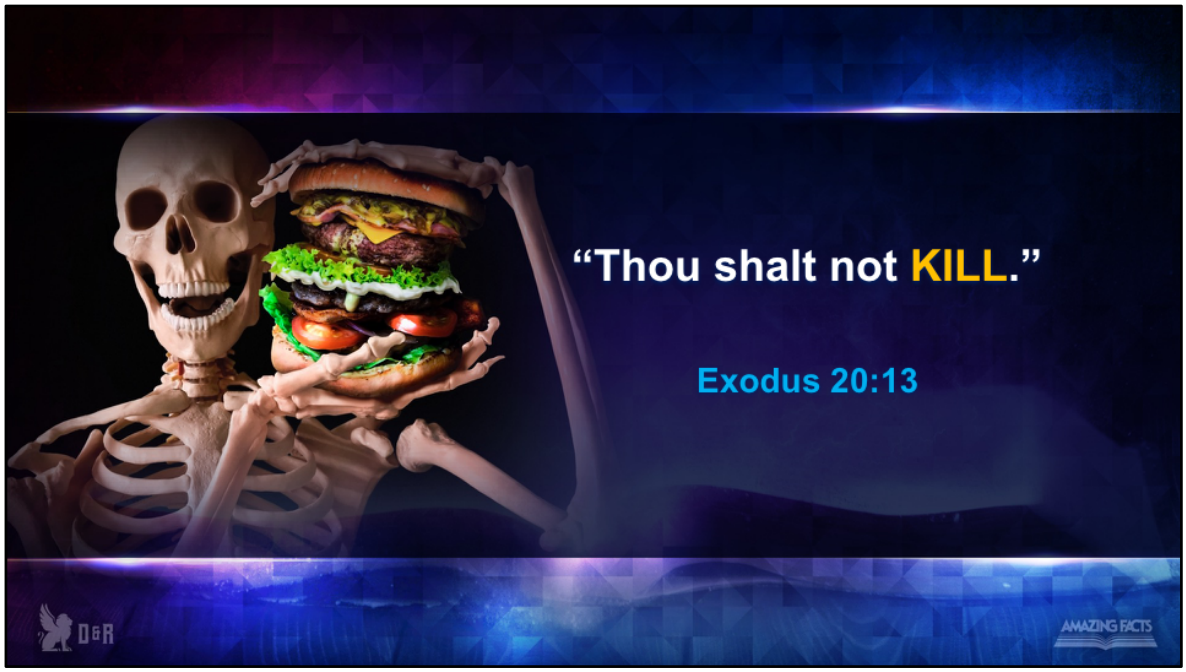
Isaiah 65:8 *New wine is found in the cluster.*

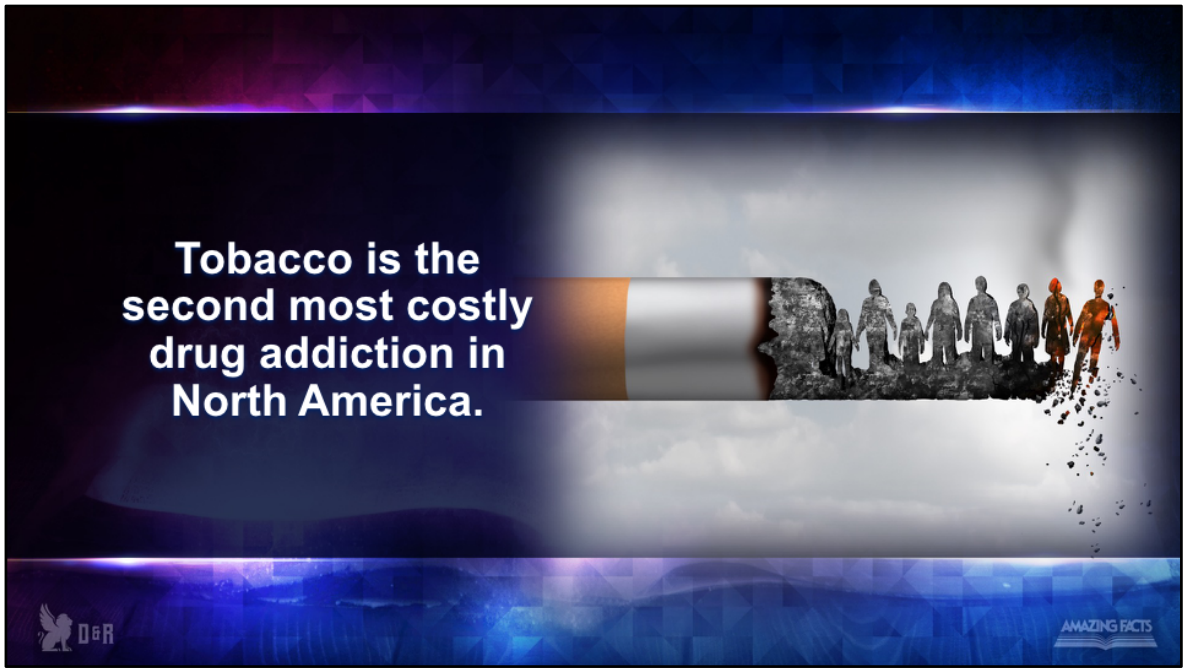

Alcohol is addicted. It destroys brain cells. It dramatically affects our ability to reason.
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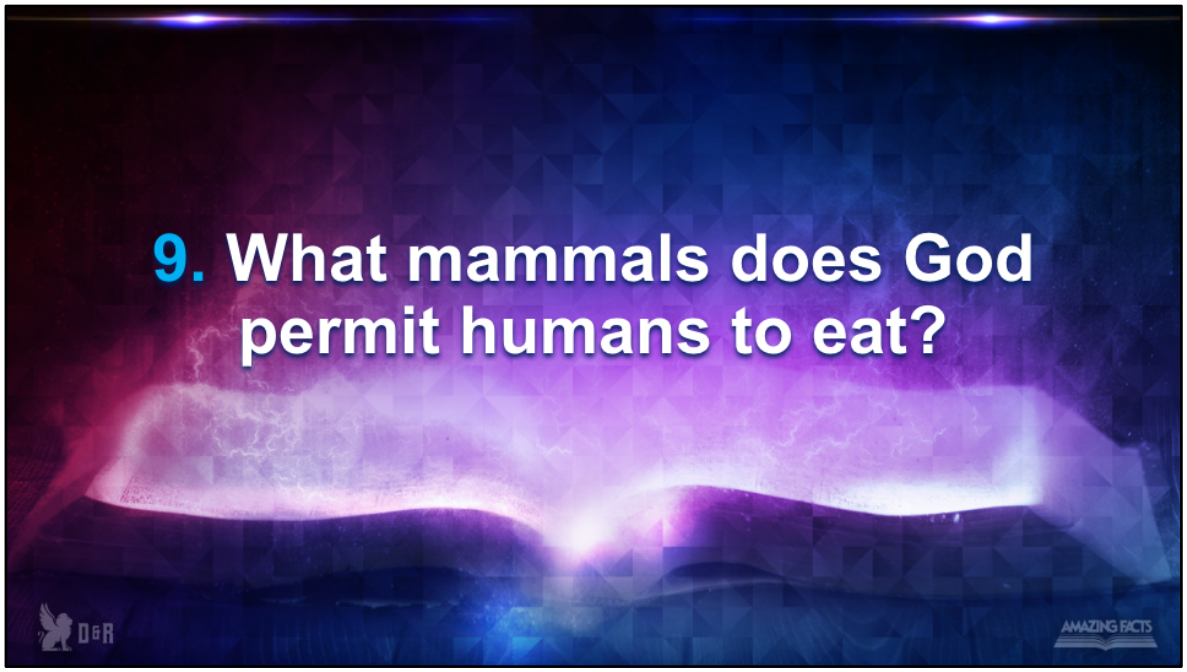

8. What will God do to those who defile their bodies?
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NOTE:
Any substance or unhealthful practice that damages the body or shortens one's life must be laid aside. Suicide by degrees is still suicide. This, of course, includes harmful drugs (such as tobacco in all of its forms) and the many drinks that contain a popular yet highly detrimental drug called caffeine. God says that He will destroy people who knowingly wreak havoc upon their body temples.


“Thou shalt not KILL.”
Exodus 20:13
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Tobacco is the second most costly drug addiction in North America.
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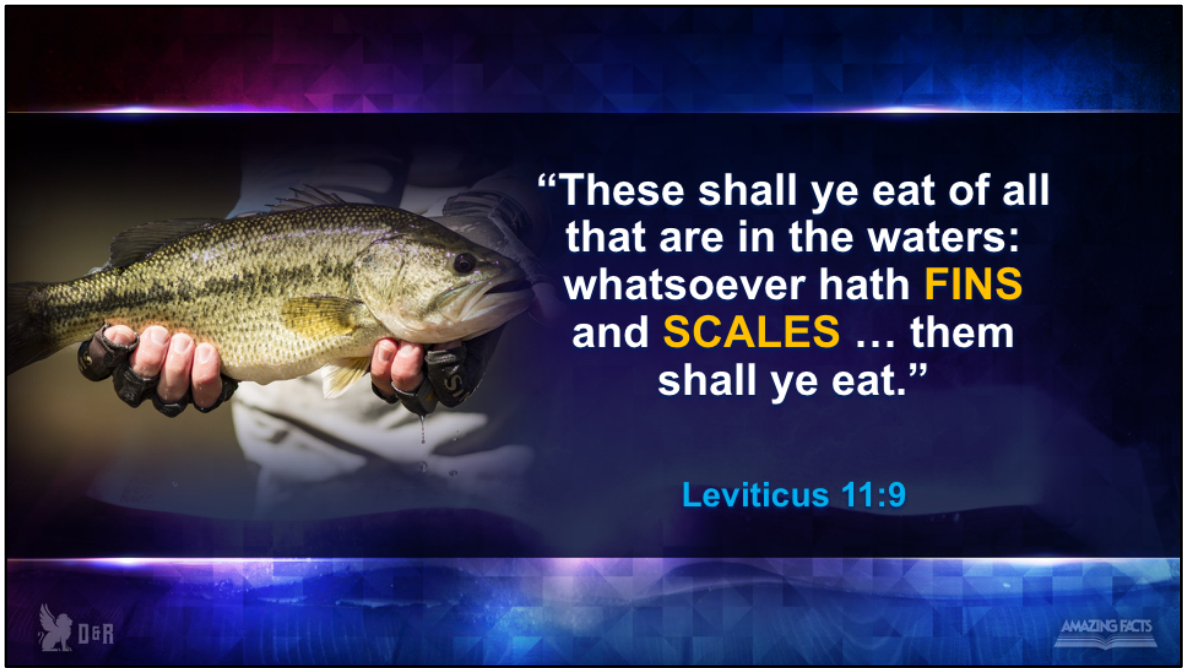

9. What mammals does God permit humans to eat?
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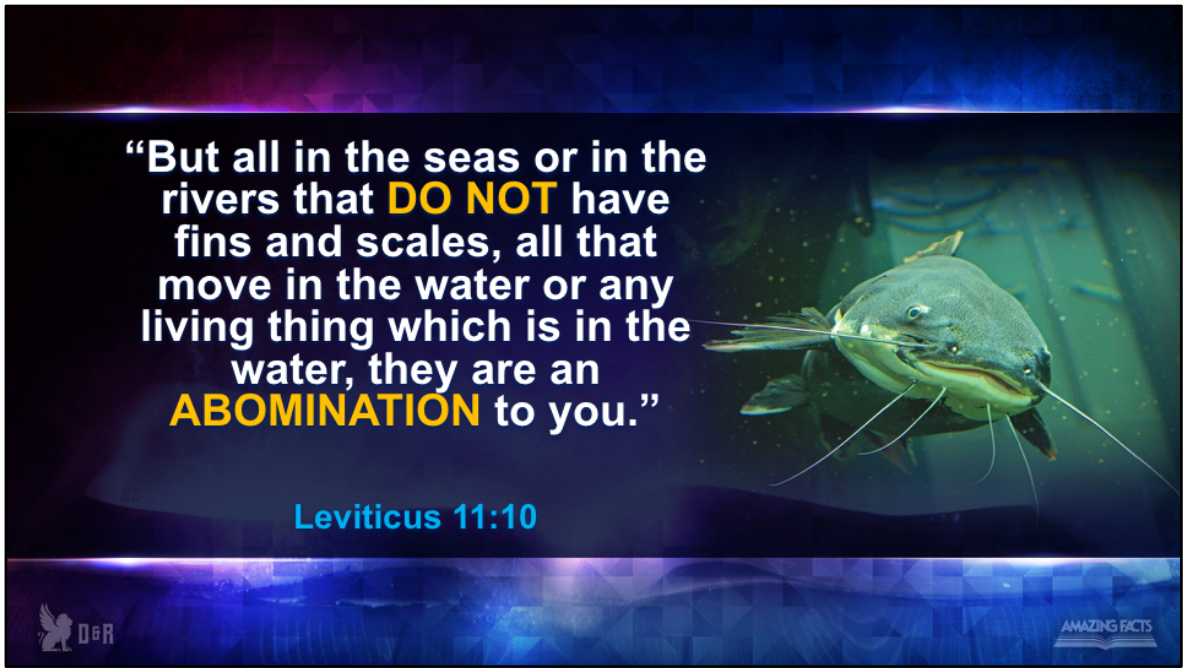


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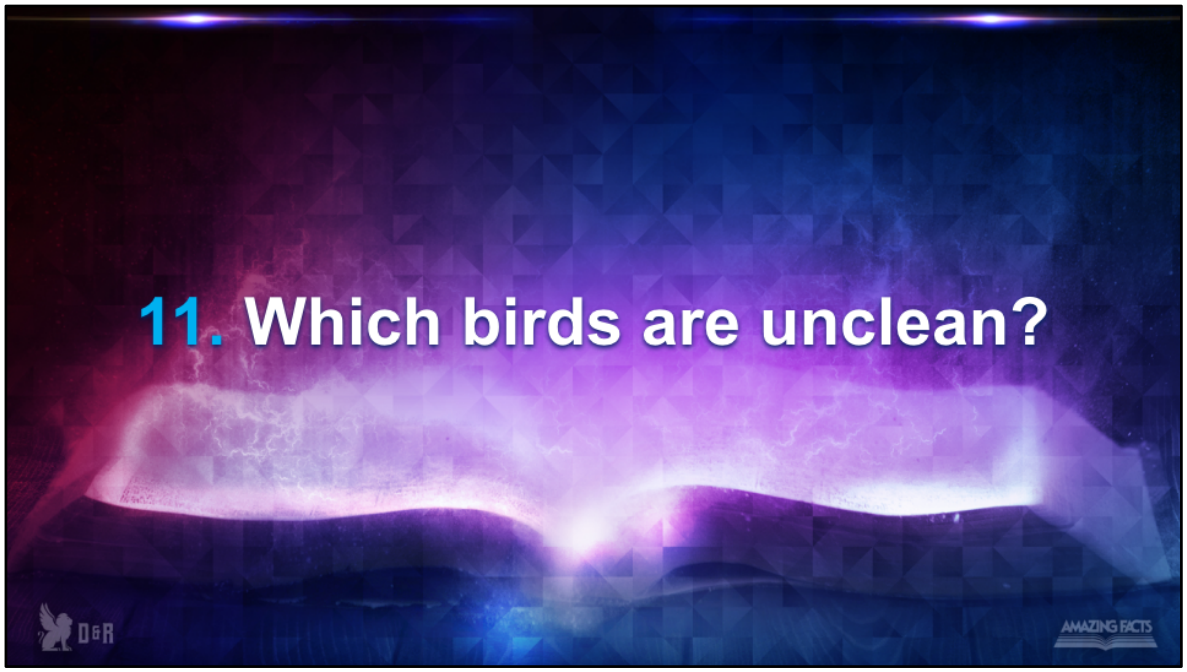
To make things simple for us, God has placed all living creatures into one of two categories: clean and unclean. He permits us to eat those that are clean but has declared the unclean creatures to be unfit for food. All mammals that are clean have two characteristics. They must: (1) have cloven hooves, and (2) chew the cud. For example, a pig has cloven hooves but does not chew its cud, so it is unclean.


10. What types of fish and seafood are clean?
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"These shall ye eat of all that are in the waters: whatsoever hath FINS and SCALES … them shall ye eat."
Leviticus 11:9
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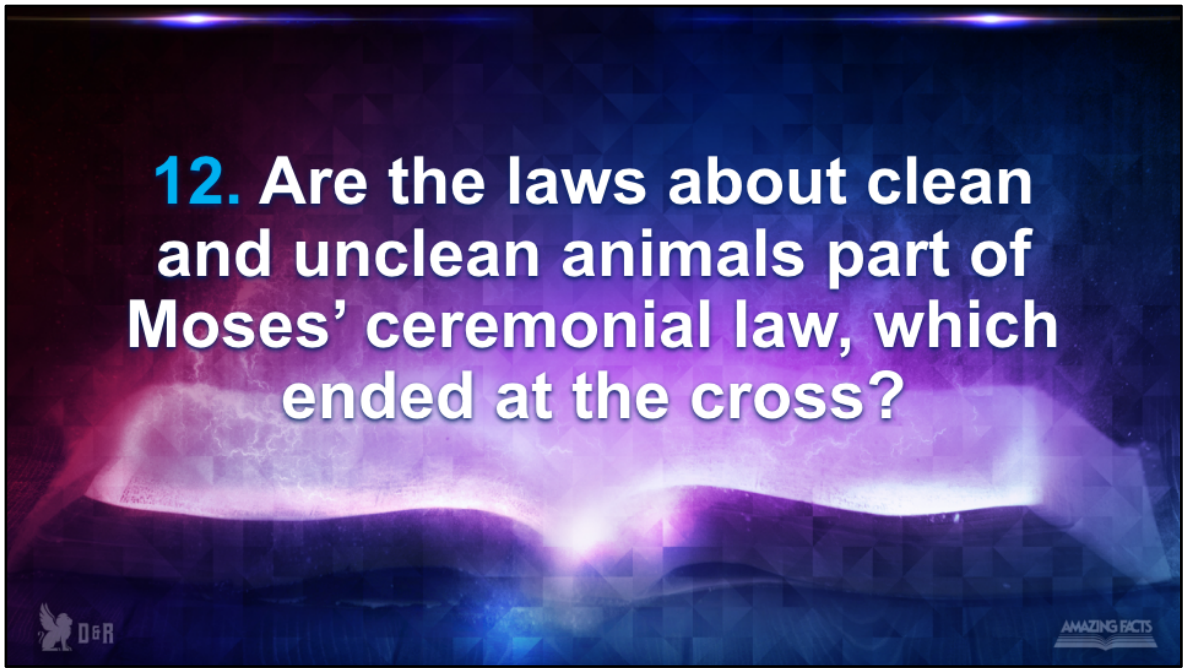


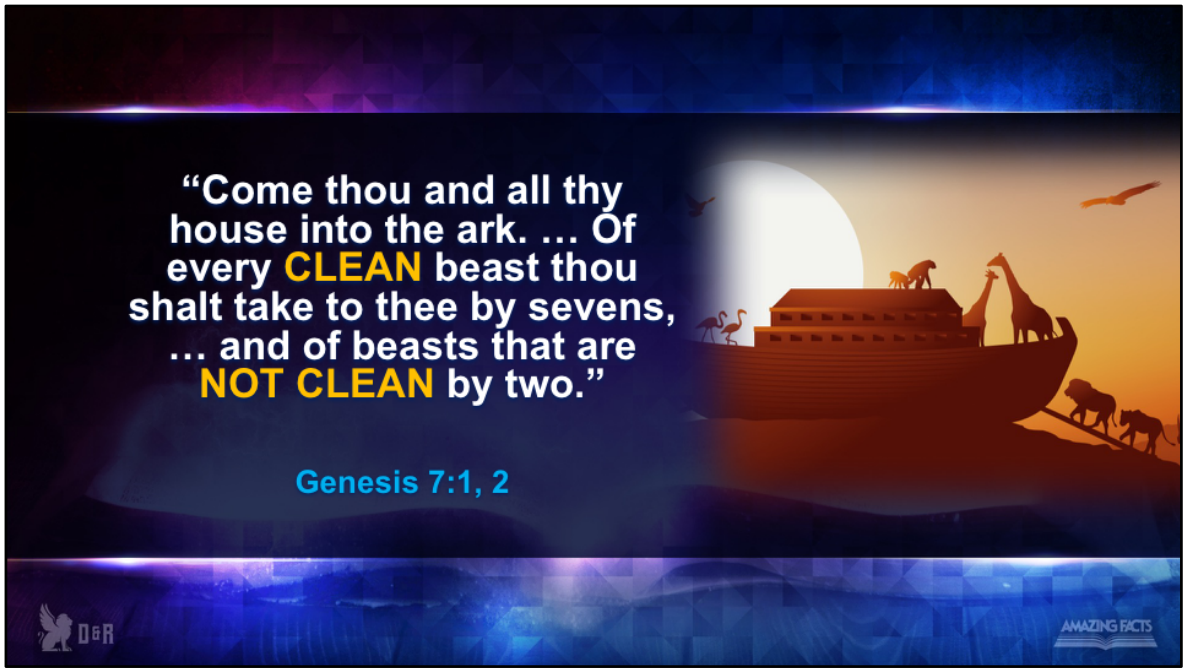
NOTE:
Most fish are clean for food. However, eels, sharks, and catfish are among the exceptions. All creatures in the water that do not have both fins and scales are unclean and should not be eaten. Examples include shellfish, turtles, frogs, shrimp, oysters, etc.


11. Which birds are unclean?
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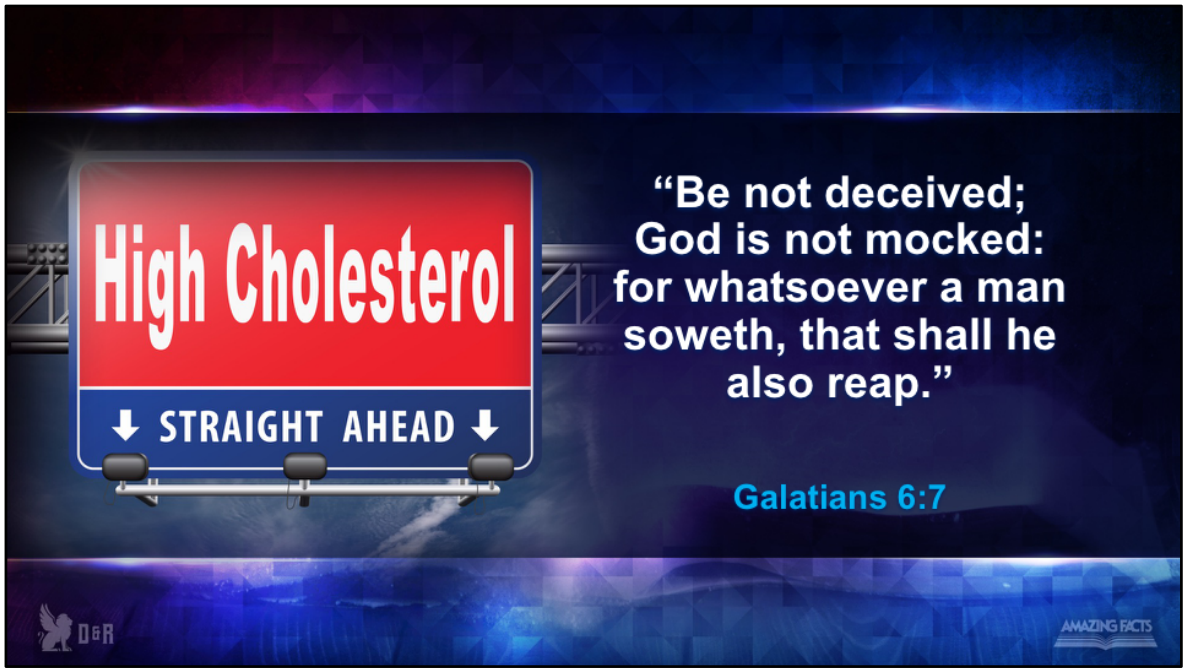


NOTE:
The list in Leviticus 11 indicates that birds of prey, carrion, and fish eaters are unclean. However, all the foraging birds such as quail, chickens, and turkeys are clean.

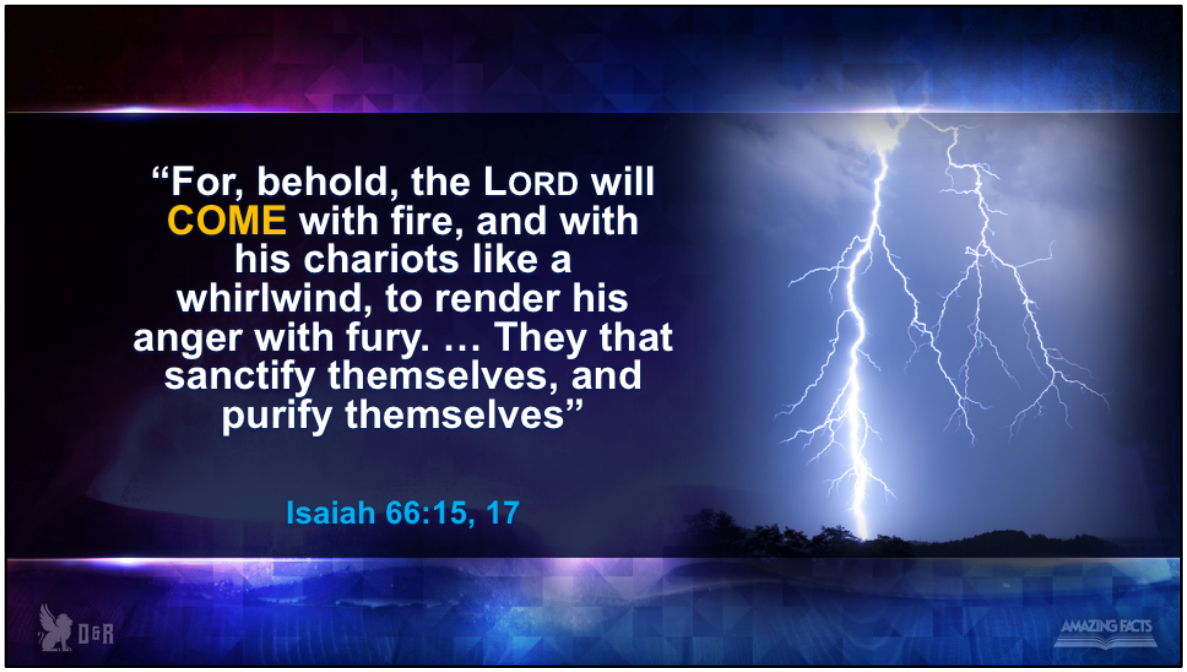

12. Are the laws about clean and unclean animals part of Moses' ceremonial law, which ended at the cross?
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NOTE:
No, God's categories of clean and unclean beasts have existed since Creation. Noah was told to take clean beasts into the ark by sevens and unclean by twos. This was long before Moses' law.


High Cholesterol
STRAIGHT AHEAD
“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”
Galatians 6:7
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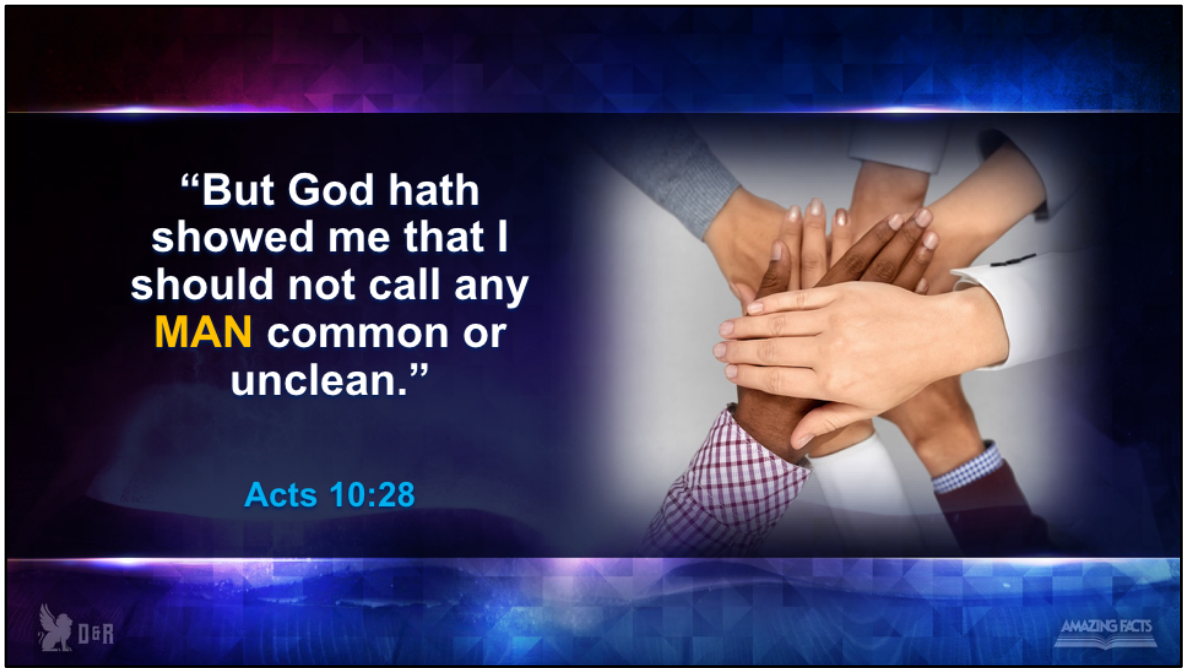

13. Does God say that eating unclean food is a serious offense?
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"For, behold, the LORD will COME with fire, and with his chariots like a whirlwind, to render his anger with fury. … They that sanctify themselves, and purify themselves"
Isaiah 66:15, 17
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NOTE:
Yes! The Bible is too plain and clear to misunderstand. At His second coming, the Lord will destroy those who know what His Word requires, yet eat swine's flesh (pork) and other unclean foods.


What about Peter's vision in Acts 10?
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Understanding Peter's Vision

Many have tried to use Peter's vision of the great sheet (Acts 10:9-28) to justify eating unclean animals. They say it proves that Jesus taught His disciples it was acceptable to eat any living creature.

However, each time the sheet came down and Peter was asked to kill and eat the unclean animals, he responded, "Not so, Lord for I have never eaten any thing that is common or unclean." Acts 10:14. Notice that even after three and a half years of listening to Jesus' teaching, Peter had not received the slightest hint or impression that eating unclean food was permissible. It is also interesting to note that in his vision, Peter never took anything to eat from the sheet.

Peter's vision of the sheet was never intended to sanctify the eating of unclean animals. Peter himself explains the meaning of the vision in verse 28: "God hath showed me that I should not call any man common or unclean." Again in verse 34, Peter summarized the point of the vision when he said, "Of a truth I perceive that God is no respecter of persons."

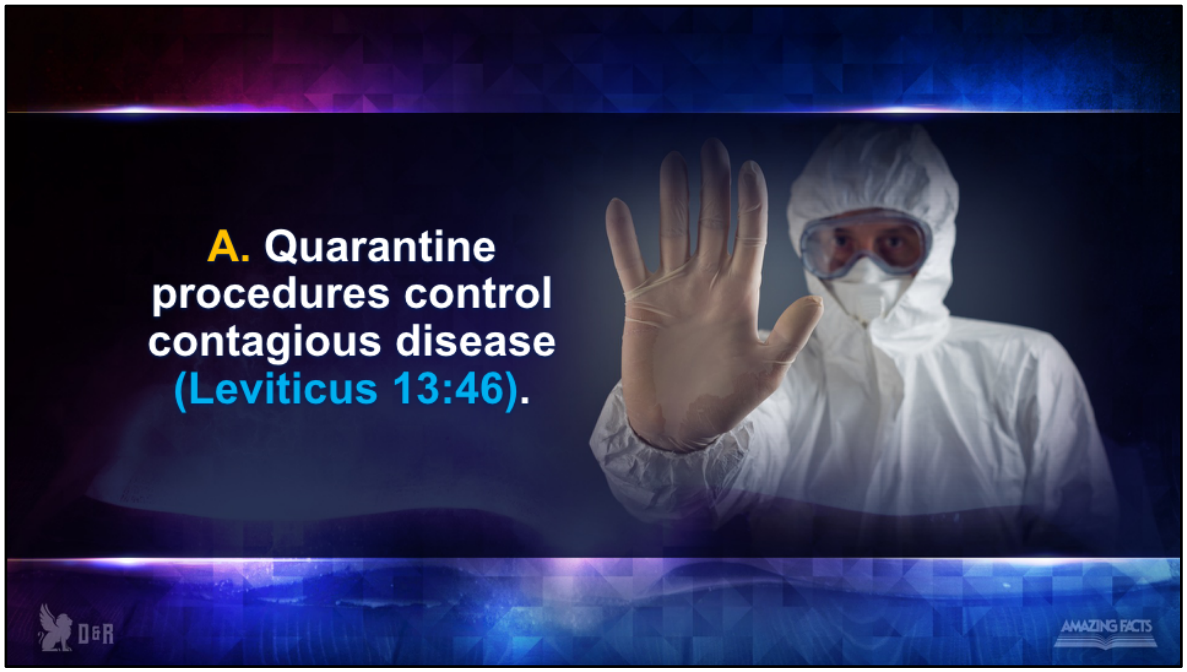
God's message to Peter had to do with cleansing people, not animals. This vision was given to impress the Jewish disciples that they should not call the Gentiles unclean, and that the gospel was to be freely proclaimed to all peoples of the world.

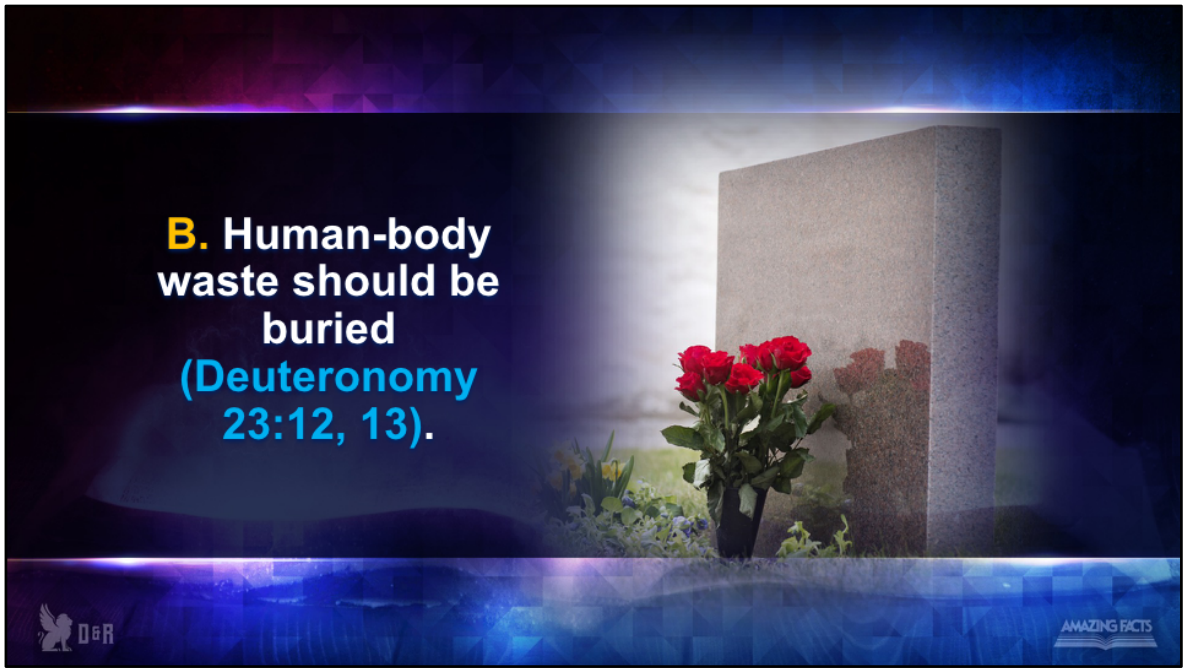

14. What is a good basic health rule for Christians?
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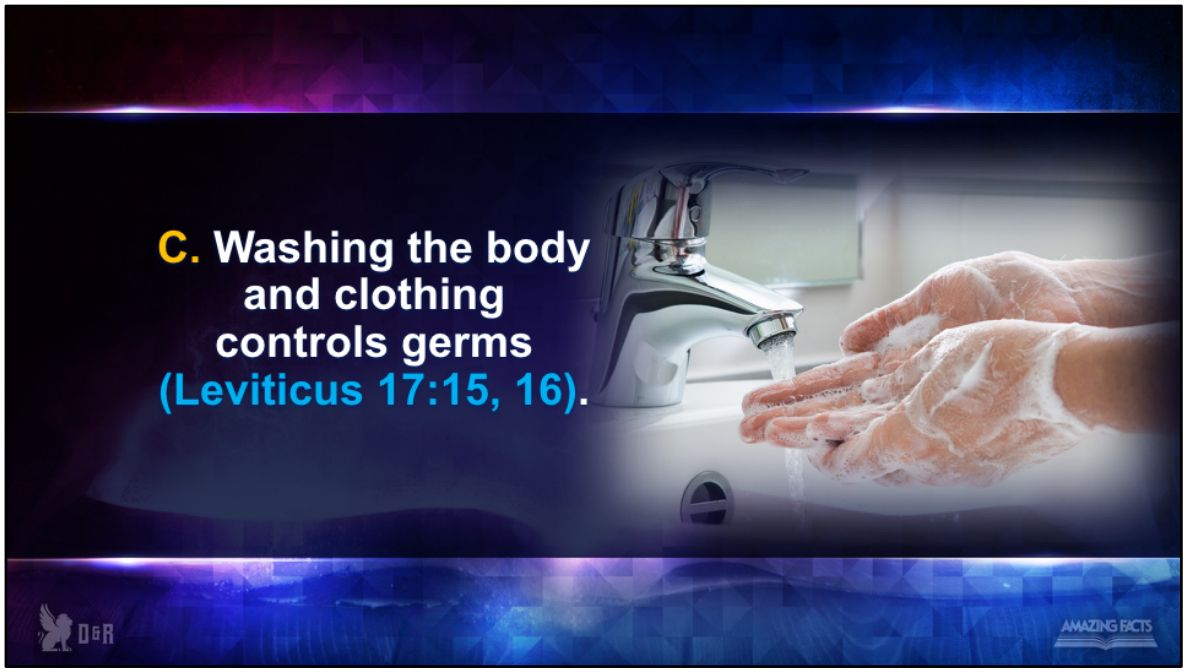


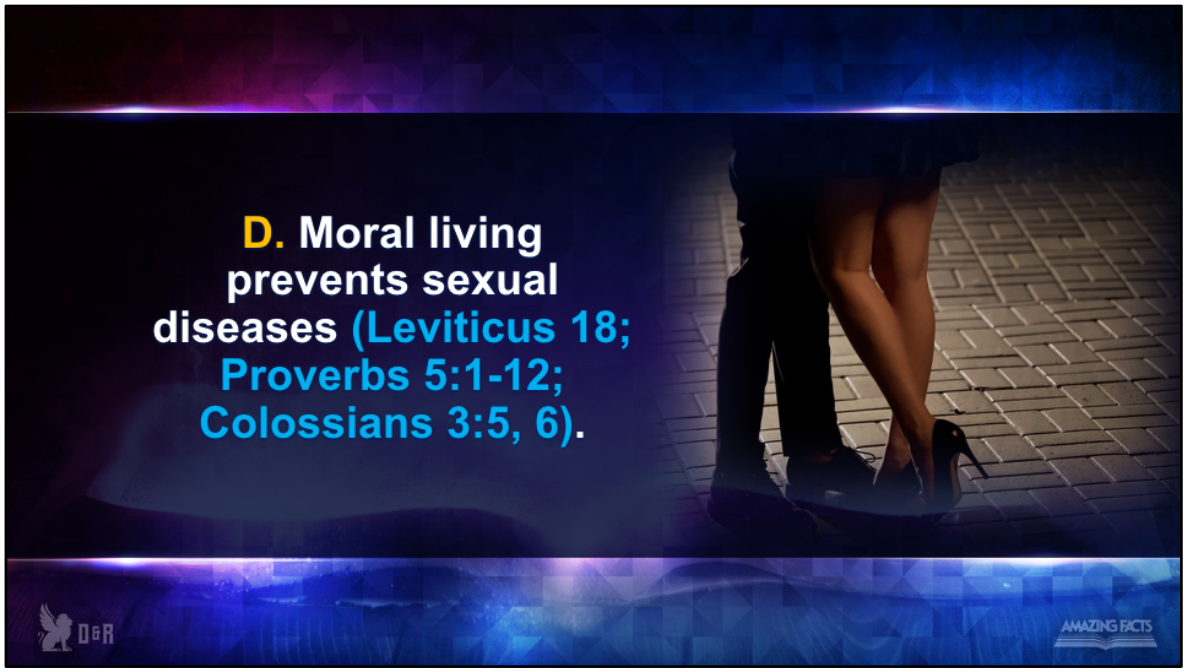
NOTE:
Temperance means completely avoiding things that are harmful and using moderation in the things that are good.


15. Are the Bible health principles still practical today?
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A. Quarantine procedures control contagious disease (Leviticus 13:46).
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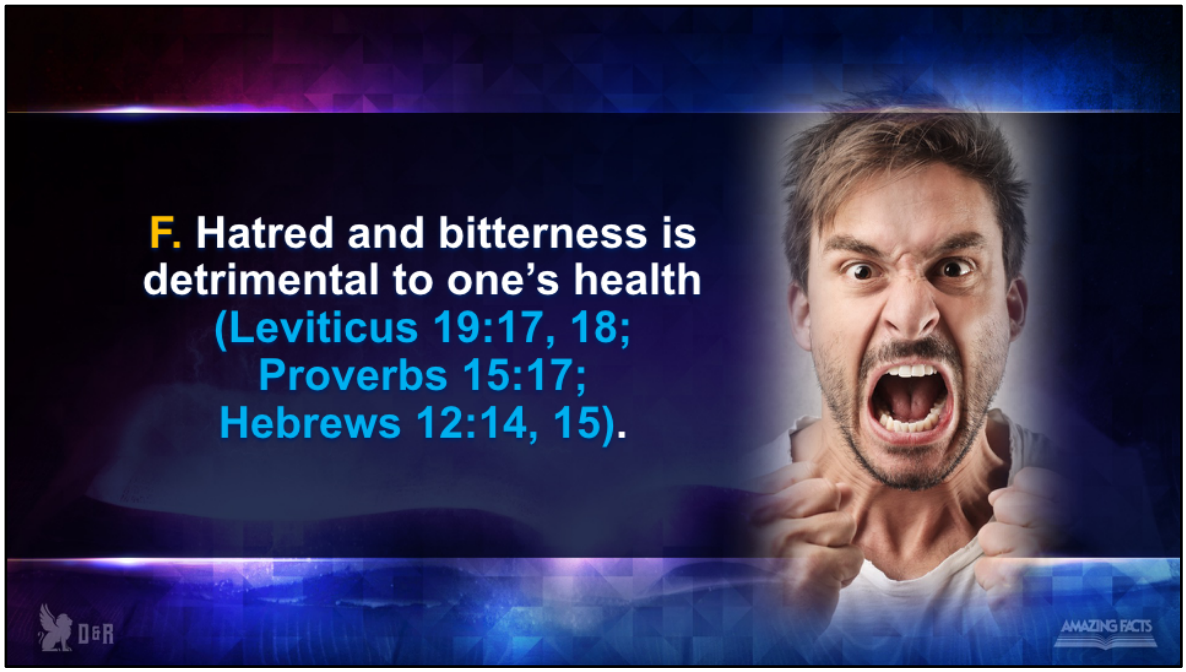

B. Human-body waste should be buried (Deuteronomy 23:12, 13).
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C. Washing the body and clothing controls germs (Leviticus 17:15, 16).
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D. Moral living prevents sexual diseases (Leviticus 18; Proverbs 5:1-12; Colossians 3:5, 6).
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E. Animal fat should not be eaten (Leviticus 3:17; 7:22-24).




F. Hatred and bitterness is detrimental to one's health (Leviticus 19:17, 18; Proverbs 15:17; Hebrews 12:14, 15).
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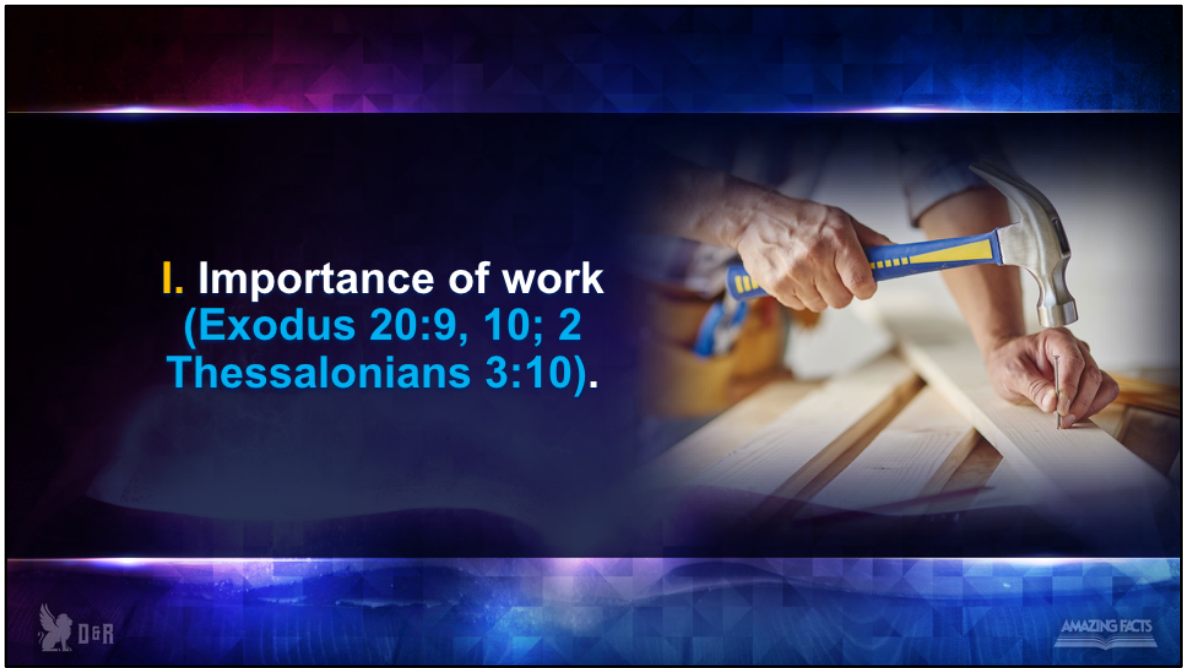
G. Overeating is harmful (Proverbs 23:2).

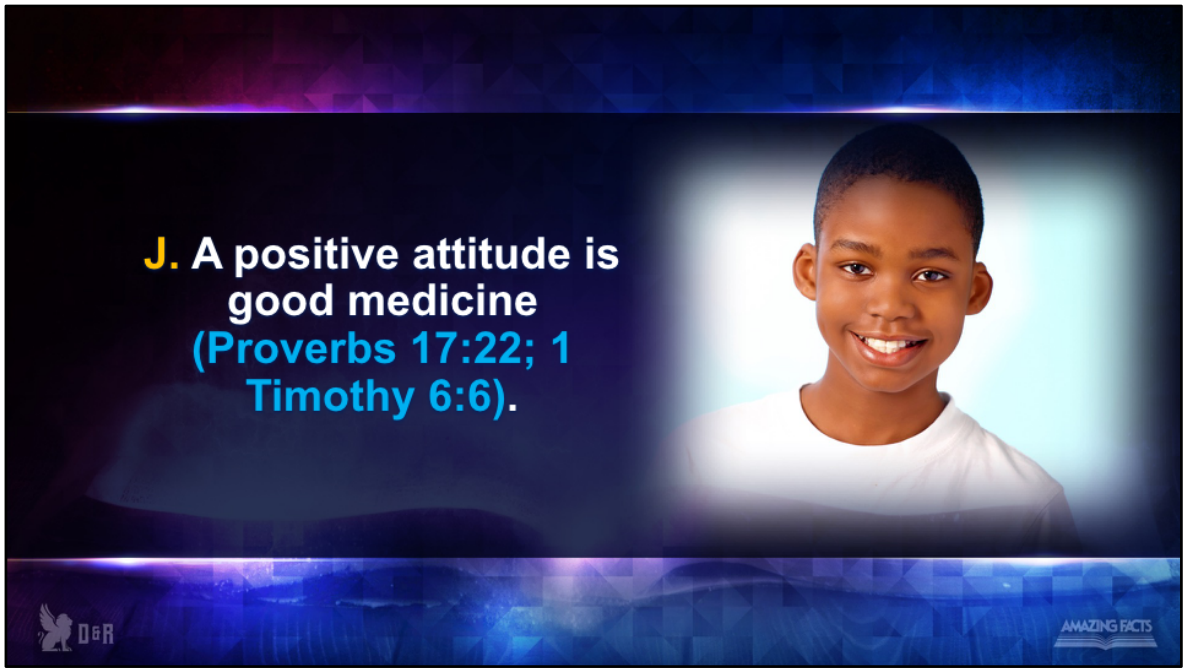


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H. Our bodies need proper rest (Psalm 127:2; Mark 6:31).
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I. Importance of work (Exodus 20:9, 10; 2 Thessalonians 3:10).
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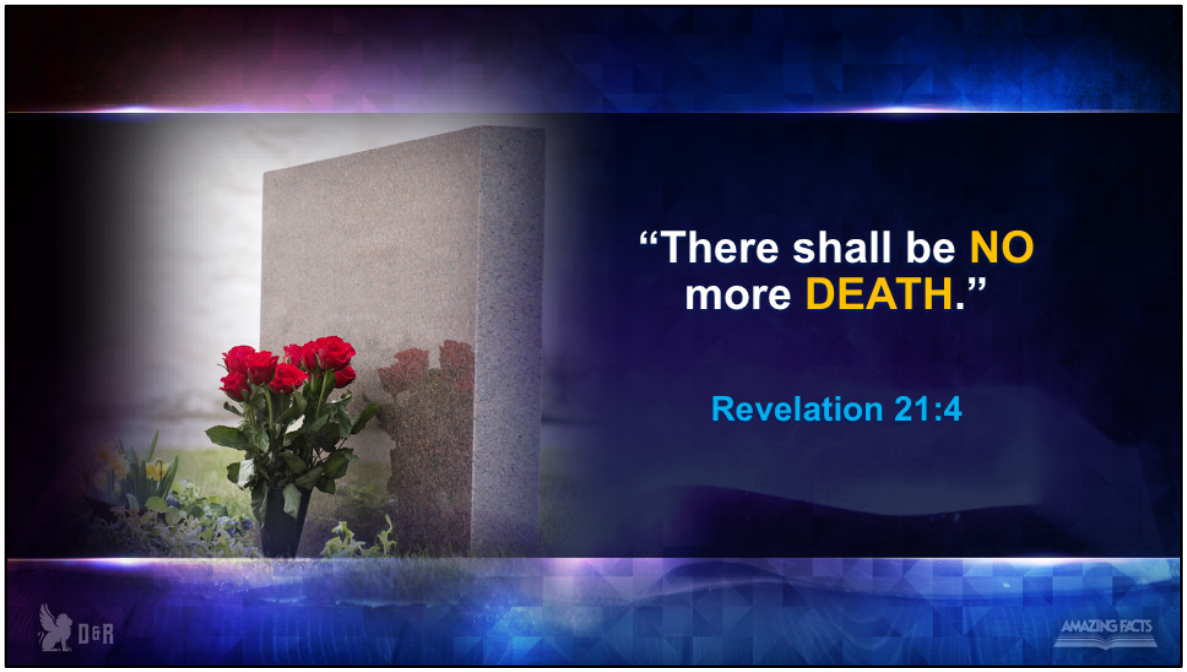

J. A positive attitude is good medicine (Proverbs 17:22; 1 Timothy 6:6).
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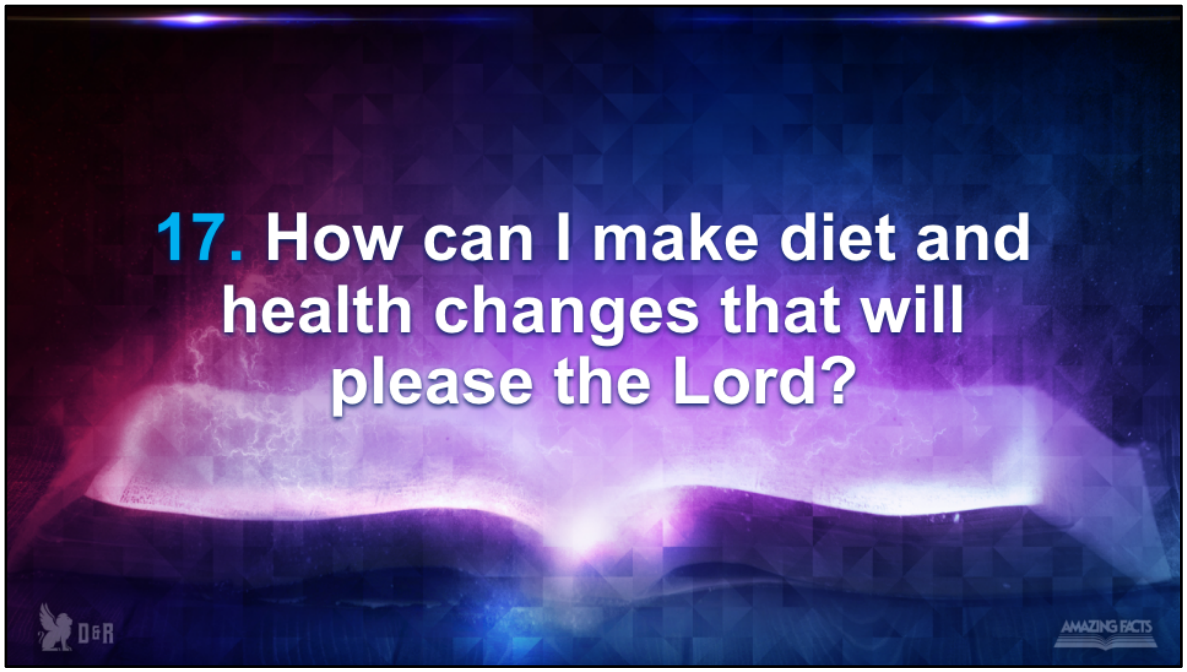
NOTE:
The health laws God gave to His people thousands of years ago were scientifically far ahead of their time. Only in recent years have we recognized how truly great are the benefits they offer!


16. Will people in heaven kill and eat animals?
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"They shall NOT hurt nor DESTROY in all my holy mountain,' saith the LORD."
Isaiah 65:25
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NOTE:
All that Adam and Eve lost when sin entered will be restored in God's new kingdom, including the original vegetarian diet. There will be no slaughtering or devouring of animals in the new earth.

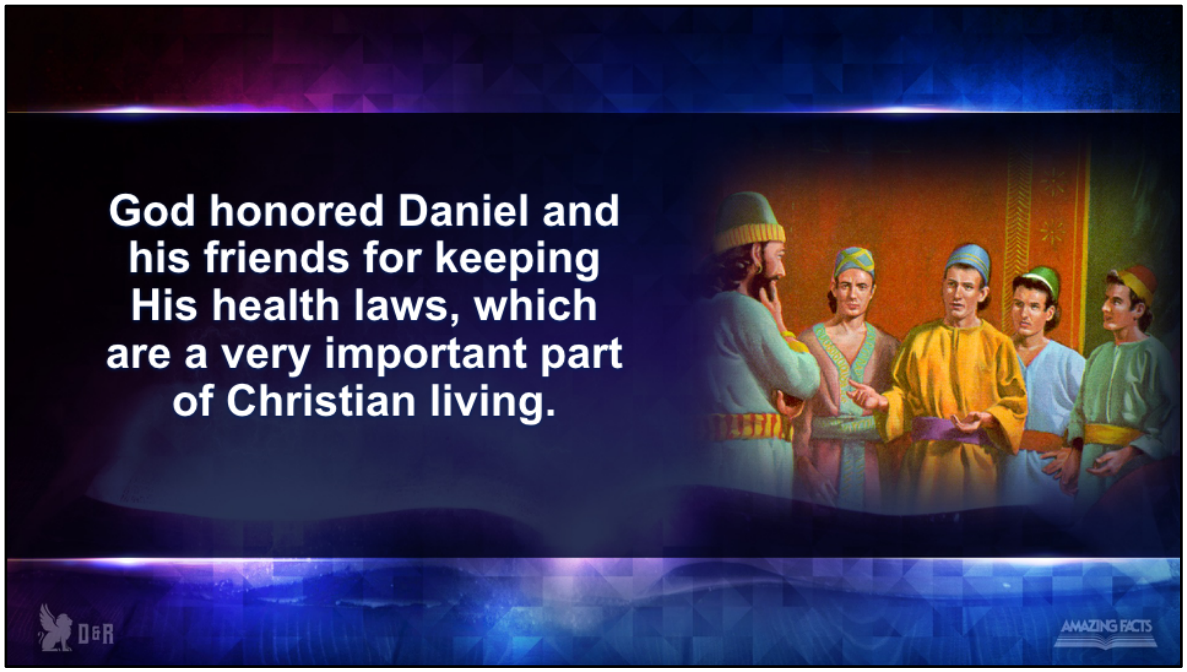

17. How can I make diet and health changes that will please the Lord?
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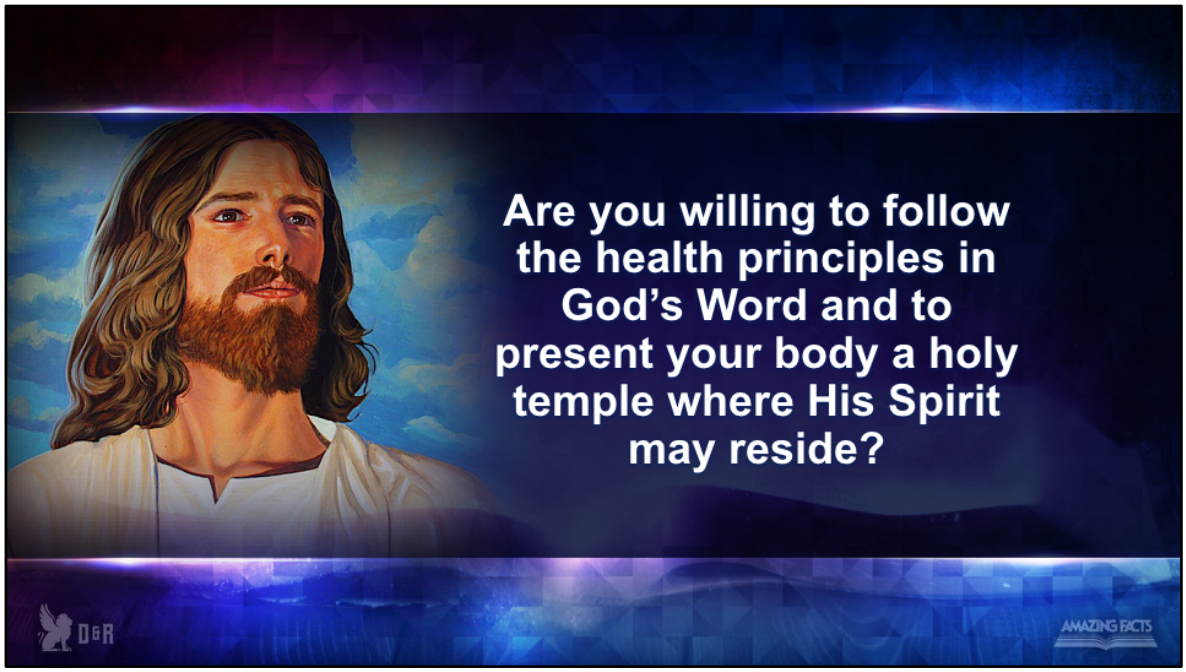

"They shall TAKE AWAY all the detestable things thereof."
Ezekiel 11:18
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NOTE:

When we decide to obey God's health laws, He puts a new spirit within us that will give us the power needed to live healthfully (John 1:12).


God honored Daniel and his friends for keeping His health laws, which are a very important part of Christian living.
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Are you willing to follow the health principles in God's Word and to present your body a holy temple where His Spirit may reside?
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